

Amendments to the Specification:

Please amend the paragraph starting on page 4, line 29 as follows:

Returning to FIGS. ~~2 and 3~~ and 4, the height H of the sidewalls 132 may match the height of the ledge 140, and can be about 0.030 to 0.30 inches. The sidewalls can have a uniform height across the length of the channel, so that the total depth of the channel 130 is the same at the inner surface 114 as at the outer surface 116.